



olive-oil

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Cruising Review

Olive-Oil: Publications and Research from
SwissMixIt



Structured Data

This webpage QR code

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Olive oil is very high in monounsaturated fats and contains a modest amount of vitamins E and K. True extra virgin olive oil is loaded with antioxidants, some of which have powerful health benefits. Extra virgin olive oil (EVOO) consumption has a beneficial effect on human health, especially for prevention of cardiovascular disease and metabolic disorders. Here we underscore the peculiar importance of specific cultivars used for EVOO production since biodiversity among cultivars in terms of fatty acids and polyphenols content could differently impact on the metabolic homeostasis.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/olive-oil.html>

Olive Oil Botanical Information

Olive oil is very high in monounsaturated fats and contains a modest amount of vitamins E and K. True extra virgin olive oil is loaded with antioxidants, some of which have powerful health benefits. Extra virgin olive oil (EVOO) consumption has a beneficial effect on human health, especially for prevention of cardiovascular disease and metabolic disorders. Here we underscore the peculiar importance of specific cultivars used for EVOO production since biodiversity among cultivars in terms of fatty acids and polyphenols content could differently impact on the metabolic homeostasis.

Keywords: extra virgin olive oil, polyphenol content, fatty acids, nutrigenomics, human health, olive oil, *Olea europea*, polyphenols, oleuropein, hydroxytyrosol, anticancer therapy, vitamin E, oleic acid, shelf life, nutraceutical value, storage temperature, packaging, light exposure

Description and Research Abstract: Olive oil is very high in monounsaturated fats and contains a modest amount of vitamins E and K. True extra virgin olive oil is loaded with antioxidants, some of which have powerful health benefits.

Extra virgin olive oil (EVOO) consumption has a beneficial effect on human health, especially for prevention of cardiovascular disease and metabolic disorders. Here we underscore the peculiar importance of specific cultivars used for EVOO production since biodiversity among cultivars in terms of fatty acids and polyphenols content could differently impact on the metabolic homeostasis. Beneficial effects of natural plant polyphenols on the human body have been evaluated in a number of scientific research projects. Bioactive polyphenols are natural compounds of various chemical structures. Their sources are mostly fruits, vegetables, nuts and seeds, roots, bark, leaves of different plants, herbs, whole grain products, processed foods (dark chocolate), as well as tea, coffee, and red wine. Polyphenols are believed to reduce morbidity and/or slow down the development of cardiovascular and neurodegenerative diseases as well as cancer. Biological activity of polyphenols is strongly related to their antioxidant properties.

In regard to EVOO, it is a food composed of a major saponifiable fraction, represented by oleic acid, and a minor unsaponifiable fraction, including a high number of vitamins, polyphenols, and squalene. Several reports suggest that the beneficial effects of EVOO are linked to the minor components, but recently, further studies have shed light on the health effects of the fatty fraction and the other constituents of the unsaponifiable fraction.

Biological properties of Virgin Olive Oil or VOO phenolic compounds elucidating their anti-inflammatory activities, including anti-inflammatory, nutrigenomic, chemoprotective and anti-atherosclerotic activities of VOO phenolics.
